



National Nutrient Database for Standard Reference

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Statistics Report 20001, Amaranth grain, uncooked

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2}	g	11.29	--	0.111	10.64	12.15	1.0	9.883	12.696	2	Analytical or derived from analytical	--	05/2008
Energy	kcal	371	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
Energy	kJ	1554	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
Protein ^{1 2}	g	13.56	--	0.173	12.62	15.01	1.0	11.355	15.762	2	Analytical or derived from analytical	--	05/2008
Total lipid (fat) ^{1 2 3}	g	7.02	--	0.376	6.3	8.41	2.0	5.403	8.642	3	Analytical or derived from analytical	--	05/2008
Ash ^{1 2}	g	2.88	--	0.317	2.19	3.2	1.0	-1.141	6.907	2	Analytical or derived from analytical	--	05/2008
Carbohydrate, by difference	g	65.25	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
Fiber, total dietary ^{2 5}	g	6.7	--	0.008	6.3	7.4	1.0	6.636	6.848	2	Analytical or derived from analytical	--	05/2008
Sugars, total ²	g	1.69	--	0.146	1.45	1.95	2.0	1.066	2.32	1	Analytical or derived from analytical	--	05/2008
Sucrose ²	g	1.40	--	0.152	1.12	1.65	2.0	0.744	2.048	1	Analytical or derived from analytical	--	05/2008
Glucose (dextrose) ²	g	0.27	--	0.019	0.23	0.3	2.0	0.185	0.35	1	Analytical or derived from analytical	--	05/2008

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Fructose 2	g	0.01	--	0.000	0.01	0.01	2.0	0.015	0.015	1	Analytical or derived from analytical	--	05/2008
Lactose 2	g	0.00	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	05/2008
Maltose 2	g	0.01	--	0.000	0.01	0.01	2.0	0.015	0.015	1	Analytical or derived from analytical	--	05/2008
Galactose 2	g	0.00	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	05/2008
Starch 2 4	g	57.27	--	3.727	50.13	61	1.0	9.921	104.626	2	Analytical or derived from analytical	--	05/2008
Minerals													
Calcium, Ca 2	mg	159	--	26.102	129	211	2.0	46.691	271.309	1	Analytical or derived from analytical	--	05/2008
Iron, Fe 2	mg	7.61	--	0.830	5.96	8.61	2.0	4.036	11.177	1	Analytical or derived from analytical	--	05/2008
Magnesium, Mg 2	mg	248	--	23.483	216	294	2.0	147.295	349.372	1	Analytical or derived from analytical	--	05/2008
Phosphorus, P 2	mg	557	--	46.160	502	649	2.0	358.721	755.945	1	Analytical or derived from analytical	--	05/2008
Potassium, K 2	mg	508	--	17.039	478	537	2.0	434.686	581.314	1	Analytical or derived from analytical	--	05/2008
Sodium, Na 2	mg	4	--	0.000	4	4	2.0	3.69	3.69	1	Analytical or derived from analytical	--	05/2008
Zinc, Zn 2	mg	2.87	--	0.118	2.66	3.07	2.0	2.36	3.38	1	Analytical or derived from analytical	--	05/2008
Copper, Cu 2	mg	0.525	--	0.065	0.41	0.64	2.0	0.246	0.804	1	Analytical or derived from analytical	--	05/2008

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Manganese, Mn 2	mg	3.333	--	0.281	2.79	3.73	2.0	2.124	4.543	1	Analytical or derived from analytical	--	05/2008
Selenium, Se 2	µg	18.7	--	13.964	2.2	46.5	2.0	-41.346	78.823	1	Analytical or derived from analytical	--	05/2008
Vitamins													
Vitamin C, total ascorbic acid	mg	4.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Thiamin 1 2	mg	0.116	--	0.094	0.01	0.21	1.0	-1.078	1.31	2	Analytical or derived from analytical	--	05/2008
Riboflavin 1 2	mg	0.200	--	0.040	0.14	0.24	1.0	-0.31	0.709	2	Analytical or derived from analytical	--	05/2008
Niacin 2	mg	0.923	--	0.020	0.88	0.95	2.0	0.836	1.009	1	Analytical or derived from analytical	--	05/2008
Pantothenic acid 2	mg	1.457	--	0.107	1.25	1.61	2.0	0.995	1.918	1	Analytical or derived from analytical	--	05/2008
Vitamin B-6 2	mg	0.591	--	0.040	0.52	0.65	2.0	0.421	0.762	1	Analytical or derived from analytical	--	05/2008
Folate, total 2	µg	82	--	14.380	66	111	2.0	20.462	144.204	1	Analytical or derived from analytical	--	05/2008
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food 2	µg	82	--	14.380	66	111	2.0	20.462	144.204	1	Analytical or derived from analytical	--	05/2008
Folate, DFE	µg	82	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
Choline, total 2	mg	69.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Betaine 2	mg	67.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE 2	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 2	µg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Carotene, alpha 2	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Cryptoxanthin, beta 2	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Vitamin A, IU 2	IU	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Lycopene 2	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Lutein + zeaxanthin 2	µg	28	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Vitamin E (alpha-tocopherol) 2 3 6	mg	1.19	--	0.422	0.37	2.02	2.0	-0.626	3.002	3	Analytical or derived from analytical	--	05/2008
Tocopherol, beta 2 3 6	mg	0.96	--	0.487	0	1.94	2.0	-1.132	3.054	3	Analytical or derived from analytical	--	05/2008
Tocopherol, gamma 2 3 6	mg	0.19	--	0.111	0.01	0.39	2.0	-0.29	0.669	3	Analytical or derived from analytical	--	05/2008

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Tocopherol, delta ^{2 3 6}	mg	0.69	--	0.348	0	1.18	2.0	-0.802	2.189	3	Analytical or derived from analytical	--	05/2008
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ²	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Lipids													
Fatty acids, total saturated	g	1.459	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
8:0 ²	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	05/2008
10:0 ²	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	05/2008
12:0 ²	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	05/2008
14:0 ²	g	0.011	--	0.001	0.01	0.01	2.0	0.009	0.015	1	Analytical or derived from analytical	--	05/2008
15:0 ²	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	05/2008
16:0 ^{2 3}	g	1.154	--	0.123	1.02	1.31	1.0	-0.376	2.751	2	Analytical or derived from analytical	--	05/2008
17:0 ²	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	05/2008
18:0 ^{2 3}	g	0.223	--	0.009	0.21	0.25	1.0	0.119	0.34	2	Analytical or derived from analytical	--	05/2008
20:0 ²	g	0.052	--	0.003	0.05	0.06	2.0	0.039	0.067	1	Analytical or derived from analytical	--	05/2008

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22:0 ²	g	0.018	--	0.001	0.02	0.02	2.0	0.016	0.021	1	Analytical or derived from analytical	--	05/2008
Fatty acids, total monounsaturated	g	1.685	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
14:1 ²	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	05/2008
15:1 ²	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	05/2008
16:1 undifferentiated ²	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	05/2008
17:1 ²	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	05/2008
18:1 undifferentiated ^{2,3}	g	1.671	--	0.024	1.61	1.74	1.0	1.376	1.981	2	Analytical or derived from analytical	--	05/2008
20:1 ²	g	0.014	--	0.001	0.01	0.02	2.0	0.011	0.018	1	Analytical or derived from analytical	--	05/2008
Fatty acids, total polyunsaturated	g	2.778	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
18:2 undifferentiated ^{2,3}	g	2.736	--	0.120	2.4	2.96	3.0	2.244	3.009	2	Analytical or derived from analytical	--	05/2008
18:3 undifferentiated ^{2,3}	g	0.042	--	0.006	0.03	0.05	1.0	-0.035	0.115	2	Aggregated data involving combinations of source codes 1 & 12	--	05/2008
18:3 n-3 c,c,c (ALA) ²	g	0.042	--	0.002	0.04	0.05	2.0	0.036	0.056	1	Analytical or derived from analytical	--	05/2008
18:3 n-6 c,c,c ²	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	05/2008

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20:2 n-6 c,c ²	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	05/2008
20:3 undifferentiated ²	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	05/2008
20:4 undifferentiated ²	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	05/2008
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	10/1989
Phytosterols	mg	24	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Amino Acids													
Tryptophan	g	0.181	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Threonine	g	0.558	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Isoleucine	g	0.582	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Leucine	g	0.879	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Lysine	g	0.747	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Methionine	g	0.226	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Cystine	g	0.191	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Phenylalanine	g	0.542	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine	g	0.329	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Valine	g	0.679	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Arginine	g	1.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Histidine	g	0.389	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Alanine	g	0.799	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Aspartic acid	g	1.261	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glutamic acid	g	2.259	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Glycine	g	1.636	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Proline	g	0.698	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Serine	g	1.148	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/1989
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	12/1995

Sources of Data

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³John T. Budin, William M. Breene, Daniel H. Putnam Some compositional properties of seeds and oils of eight amaranthus species, 1996 Journal of the American Oil Chemists' Society 73 4 pp.475-481

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⁵Nutrient Data Laboratory, ARS, USDA University of Idaho Contract No. 53-3198-8-29, 1989 Beltsville MD

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